

Corporate Wellness Programs

For more information, please call the Corporate Health Promotion Coordinator at (616) 394-3410.

HEALTH AWARENESS PRESENTATIONS

Group educational presentations can be held at your worksite on a variety of health topics. Presentations vary in length from thirty minutes to one-hour and can be tailored to meet your organization's time limits. Several employers have chosen "Lunch n' Learn" sessions to be an effective method of offering health education to employees and at the same time making optimal use of company and employee time.

The Center for Good Health utilizes Holland Hospital's professionals to bring you the most up-to-date health information possible and to provide you the highest level of expertise.

LIFESTYLE IMPROVEMENT PROGRAMS

ON THE MOVE

A pedometer based wellness program. Each employee receives a pedometer, health information, and a logbook. Incentives are given to each participating corporation to distribute. This is a great way to reduce health care costs and increase employee productivity.

SMOKING CESSATION

Assisting your employees in quitting the smoking habit can result in significantly reduced health risks and health care expenses. Our seven-week class is designed to help individuals "kick" the smoking habit. The class meets for one-hour sessions, eight times in a seven-week period, twice during the fourth week (quit week). Class times can be tailored to fit your employee's needs. Nicotine replacement therapies, weight management, positive reinforcement and relaxation techniques are among the topics discussed.

HEALTH RISK APPRAISALS

We offer health and lifestyle assessments based on current scientific guidelines. Assessments include a confidential questionnaire, clinical measurements and a personalized report. Individuals receive lifestyle recommendations in areas scored below optimal health. Management summary reports and group feedback sessions are provided. Comprehensive and concise questionnaire options are available. Clinical measurement options can be tailored to meet your organization's needs and interests.

- Concise Edition: Four page questionnaire; three page report; clinical measurement options including height, weight, blood pressure, percent body fat, waist-hip ratio, total cholesterol, HDL, LDL, triglycerides and glucose.
- Comprehensive Edition: Eight page questionnaire; seven to twenty page report; clinical measurement options including height, weight, resting heart rate, blood pressure, percent body fat, waist-hip ratio, total cholesterol, HDL, LDL, triglycerides, glucose, upper body strength, abdominal strength and endurance, lower body flexibility, and cardiovascular fitness.

HEALTH SCREENS

Individuals receive immediate education. Feedback focuses on recommended follow-up and risk reduction actions. Laboratory results are mailed approximately two weeks following the screen. Popular health screen packages are listed below. Components of the health screen can be customized to best meet your organization's needs.

- **Heart Health Screen** - Assessment of blood pressure, height, weight, percent body fat, total cholesterol, HDL, LDL, and triglycerides.
- **Blood Pressure Screen**
- **Cholesterol Screen** - Assessment of total cholesterol, HDL, LDL and triglycerides.
- **Blood Pressure and Cholesterol Screen** - Assessment of blood pressure, total cholesterol, HDL, LDL and triglycerides.
- **Body Fat Analysis** – Assessment of percent body fat, fat mass, fat-free mass, body mass index (BMI), basal metabolic rate (BMR), and total body water. Indicates target percent body fat.
- **Depression Screen** – Service offered through Holland Hospital Behavioral Health Services. Participants complete a short questionnaire that will be reviewed by a qualified staff member. An optional video is available for viewing. A private meeting room is requested for confidentiality.
- **Colo-Rectal Cancer** – Personal kit used to assess risk of colon cancer.
- **PSA Screen** - Initial blood draw screening to assess risk for prostate cancer in men.

BONE DENSITOMETER SCAN

We now offer quick and simple bone mineral density scans to bring on-site for your employees. The heel scan test provides the participants with their level of risk for Osteoporosis and follow-up recommendations.

Customized services such as program development and assistance with staffing/programming are available